

Abstract

The title of the theses: Dietary habits and physical activity of sedentary job in Škoda Auto

The aim of the theses: The main aim of this theses was to find out dietary habits and level of the physical activity of sedentary job. There were set 6 hypothesis.

Methods: The research was conducted with employees of Skoda Auto. The level of physical activity was measured with short form of IPAQ. Data were processed with basic statistic methods in MS Excel. Meseasured values were according to instructions transformed to MET-values and divided into appropriate categories according to criterias. Surveys was used for finding out dietary habits. The results were individually compared with other researches and literature.

Results: The most respondents (42,4%) were in moderate level category, 41,3 % were in high level category and 16,3 % were in low level category. Men are more active than women. Men spend more time with intensive physical activity than women. More than half of respondents (55%) were, according to BMI values, in category of overweight and obesity. The mean of sitting time was 7 hours per day. Men have worse dietary habits than women. 85 % of employees of Skoda Auto have breakfast every day. More then half of employees eat 4-5x per day.

Keywords: sedentary lifestyle, lifestyle, nutrition, activity